



# Springvale Primary School

**Policy Title: School Packed Lunch Policy**

**Date of Review: Spring 2025**

**Review by: Spring 2028**

**Signed by:**

**Chair of Governors**

**All policies available at [www.springvaleprimary.org](http://www.springvaleprimary.org)**

# SPRINGVALE PRIMARY SCHOOL

## School Packed Lunch Policy



### Introduction

This policy was created after a period of consultation with relevant stakeholders within school. It sits alongside our Special Educational Needs and/or Disability (SEND) Offer which follows through a series of specific titles and questions that provides parents with a clear insight in to all aspects of policy and provision for SEND pupils.

### Aims and Principles

The policy is underpinned by the central aims of Springvale Primary and values held by the school community:

#### Aims of the school

- Springvale is committed to promoting high standards of academic achievement for all learners in all subjects.
- As a school we will continue to develop and instil key life skills and values in our pupils.
- **We will encourage positive relationships and communications between home, our community and the wider world.**

In particular, Springvale School has an inclusive approach to our provision. Our aim is always to involve all our children and stakeholders in all areas of the curriculum and school life. In accordance with our **Disability Equality Scheme** we recognise that this may mean making special adaptations or arrangements from time to time for children with specific disabilities. We welcome the involvement of disabled adults in all areas of school life.

### Background Information

Springvale Primary School is a caring and open school, where parents, children, staff and the wider school community all know that their views and needs will be listened to, in both education and personal areas.

### Packed lunch guidelines for parents and carers

The majority of our parents and carers choose to have a hot school meal for their children. We believe it is easier to provide all nutrients children need in a hot, freshly cooked meal which is provided by our inhouse school meal provider.

However, the school also recognises that some parents / carers prefer to provide a packed lunch for their child, either all the time, or on occasion. We ask that the parents and carers who choose the packed lunch option for their children provide them with a healthy, well-balanced lunch.

### Aim

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education and become mandatory in January 2015.

Our aim is to make sure that children who bring a packed lunch to eat in school (or on school trips) have food which is just as healthy and nutritious as food served in school and regulated by national standards. This guidance applies to all parents providing packed lunches to be eaten within school or on school trips during normal school hours.

The school will work with parents and children to ensure that packed lunches meet the standards listed below. Children will need to bring their packed lunch in a suitable container such as a plastic box with a removable lid or a commercially available lunchbox. Soups and other hot foods (pasta/stew/noodles/curry/casserole etc) that are designed to be kept warm in a thermos flask are not permitted under any circumstances. Carrier bags are not appropriate containers.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables or a salad every day. Across the week try to provide a variety of different fruits and vegetables.
- Meat, fish or other sources of non-dairy protein (e.g. egg, lentils, beans, soya or houmous) every day, should be offered as part of a sandwich, roll or salad
- Oily fish, such as pilchards, salmon or sardines at least once every three weeks
- A starchy food such as bread, cold pasta pot, cold rice pot, couscous, pitta, wrap, potatoes or other types of cereals every day. Across the week, try to provide three different types of starchy foods including at least one wholegrain/wholewheat variety.
- Dairy products such as milk, cheese, yoghurt or fromage frais (lower sugar)
- Pretzels, crackers and cheese, vegetables or breadsticks with a dip
- A sugar-free/ low sugar/ fruit-based dessert option such as malt loaf, banana loaf, sugar-free jelly
- A drink of water – no other drinks are permitted- including no hot drinks of any variety (hot chocolate/tea/coffee etc)

**Packed lunches should not include:**

- Confectionary such as chocolate bars, chocolate-coated biscuits and sweets
- Very salty snacks including crisps
- Meat and pastry products such as sausage rolls, pies and pork jerky snacks
- Fruit juice, squash, 'fizzy' drinks or those containing added sugar – even pure juices are high in sugar

Packed Lunches must not include

- **Nut or nut products (Nutella) because of the danger to other children with allergies– we are a NUT FREE SCHOOL**
- Any chocolate spread (of any brand/type)

Packed lunches can include a 'special treat' once a week. Suggested snacks include:

- Snack sausages
- Cereal bars, flapjacks, oat-based biscuits
- Biscuits, with no added chocolate and no more than one portion (25-30g)
- A small piece of cake (40-50g)
- A small pack of crisps (35g)
- A pure fruit smoothie

It must still not include chocolate bars, chocolate covered biscuits or nuts. Chocolate cake, which is made with cocoa rather than chocolate, does meet the guidelines.

Packed lunches can be difficult to manage; thinking of ideas for their contents can be challenging for parents. For ideas on healthy lunch box recipes for children over the age of five years, visit the [Change4Life](#) website or use the [NHS Food scanner app](#) to choose the healthier options when shopping. For packed lunch ideas for children under the age of 5, visit [Packed lunches for 1-4 year olds](#)

**Snacks**

Children are asked to bring their own healthy snack for break time, for example, a piece of fruit or a savoury snack low in sugar, fat and salt, for example, homemade popcorn, rice cakes, scotch pancakes, savoury muffins or bagel, visit [NHS Healthier snacks](#). **Please remember that snacks must not contain any nuts (this includes all Nutella products)-please check all packaging carefully before allowing your child to bring it into school. Children are not allowed to swap any snacks with a peer.**

For snack ideas for children under the age of 5, visit [snacks for 1 – 4 year olds](#).

**Special diet**

Our inhouse school meal provider caters for a variety of special diets including, vegetarian, gluten-free, dairy-free diets, vegan including offering halal products. However, the school recognises that some children may have verified medical conditions requiring special diets that do not meet standard guidelines. In this case, parents are urged to be responsible for ensuring that packed lunches are as healthy as possible. **For these reasons pupils are also not permitted to swap food items.**

**Monitoring**

The midday supervisors advise pupils, for example, who bring foods high in fat, sugar and salt that they are not suitable and that they do not meet the packed lunch guidelines. For more information on what is classed as the high level of fat, sugar and salt, visit

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups#foods-high-in-fat-sugar-and-salt> . Parents are also advised to use the [NHS Food scanner app](#) to help them to navigate what food options are healthier. Alternatively, to learn how to read and make sense of food labels visit [British Nutrition Foundation](#).

### **Dissemination**

The packed lunch guidelines will be shared via parents' newsletters and communications. All school staff, including teaching and catering staff, will be informed of this guidance and will support its implementation.

Parents whose child/children repeatedly bring in foods which are not compliant with our packed lunch policy will be informed verbally and/or via written letter or referred to the 0-19 public health team.